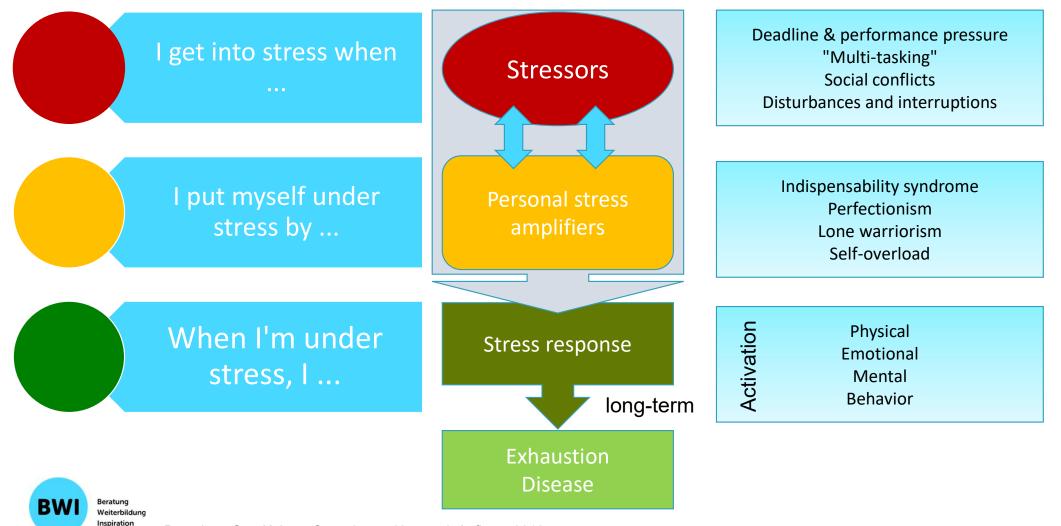
3 levels of stress (the stress - traffic light approach)



Based on: Gert Kaluza, Stressbewaeltigung, 4. Auflage, 2018.